DELHI PUBLIC SCHOOL VASANT KUNJ

Department of Psychology

MENTAL HEALTH AWARENESS WEEK 2021

Question and Affirm Yourself

THINKTOBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1- I am feeling healthy and strong today	2- Great things are happening to me every day	3- What abilities do I have that I'm grateful for?
4- My challenges help me groW	5- I know I have the ability to achieve my goals in life	6- What's something I've learned recently that has improved my life?	7- I always see the good in others and in myself	8- I am self-sufficient, creative, and resilient	9- What's an opportunity I have that I'm thankful for?	10- WORLD MENTAL HEALTH AWARENESS DAY
11- I am thankful for what I have, even if it is not perfect	12- Who made a positive difference in your life recently?	13- I am learning to trust the journey	14- Today I align myself with freedom, growth, and joy	15- What happened today/this week/this month/this year for which I'm grateful?	16- My life is a gift. I will use this gift with confidence and joy	17- I breath in healing, I exhale the painful things that burden my heart
18- What about today has been better than yesterday?	19- I am worthy of investing in myself	20- I embrace change seamlessly and rise to the new opportunity it presents	21- What made you laugh or smile today?	22- I grow towards my interests, like a plant reaching for the sun	23- I nourish myself with kind words and joyful foods.	24- Who made a positive difference in your life recently?
25- I strive for joy, not for perfection	26- My perspective is unique and important.	27- What movie or book affected your life for the better recently?	28- My body is beautiful in this moment and at its current size	29- I am comfortable in my own skin	30- What helps me to feel comfortable in my own skin?	31- My sensitivity is beautiful, and my feelings and emotions are valid

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